

Farmer's Savory Soup

Ingredients

- 14½ oz. can chicken and/or vegetable broth (1 can per 3-4 children)
- Cooked chicken breasts or canned white meat chicken, precut into cubes (about ¼ cup per child)
- Sliced raw vegetables (celery, carrots, etc.) and frozen vegetables (peas, corn) (¼ cup per child)
- Cooked noodles or rice (optional)



Directions

Put the cubed meat and each vegetable into its own bowl. Pour low sodium chicken or vegetable broth into a large saucepan or stock pot. Let each child add some of the ingredients to the broth. Put pot on stove over medium-high heat. Cook, stirring occasionally, until raw vegetables are soft (12-15 minutes after coming to a simmer or low boil). If desired, add cooked noodles or rice and heat to serving temperature. Serve with apple and cheese slices and crackers.

More Soup Recipes

Help older children become aware that “anyone who can read, can cook.” Find soup recipes in your cookbooks and in children’s cookbooks that they can follow and help you make. Here are some suggestions from recently published children’s cookbooks:

- “Emeril’s First Alphabet Soup” in *There’s a Chef in My Soup! Recipes for the Kid in Everyone* by Emeril Lagasse. (NY: HarperCollins, 2002)
- “Chicken Soup Like Mom’s” in *The Everything Kids Cookbook* by Sandra K. Nissenberg (Avon, MA: Adams Media Corp., 2002)
- “Sam’s Favorite Soup” in *The Usborne Farmyard Tales Children’s Cookbook* by Fiona Watt. (London, England: Usborne Pub. Ltd., 2002; pub. USA, 2003)